

EFFECTS OF RATIONAL EMOTIVE BEHAVIOUR THERAPY ON POSTTRAUMATIC STRESS DISORDER AMONG INTERNALLY DISPLACED PERSONS (IDPs) IN PLATEAU STATE, NIGERIA**BY****Godfrey R. Dungum, Ph. D: Department of Educational Foundations, Faculty of Education, Federal University of Kashere, Gombe State, Nigeria; E-mail: grdungum@gmail.com****Saba Mamman Daniel Ph. D: Department of Educational Foundations, Faculty of Education, Federal University of Kashere, Gombe State, Nigeria; E-mail: sabamammandaniel@yahoo.com 08039170828****&****Mrs. Roseline Ezekiel: Federal Government College, Billiri, Gombe State;
E-mail: roseezekiel2015@gmail.com****Abstract**

This study investigated the Effects of Rational Emotive Behaviour Therapy on Post-Traumatic Stress Disorder (PTSD) of internally displaced persons (IDPs) in Kassa and Haipang Camps in Plateau state. The purpose of the study is to investigate the effects of Rational Emotive Behaviour Therapy on Post-Traumatic Stress Disorder among internally Displaced Persons in Kassa and Haipang Camps in Plateau State. Quasi-experimental research design was adopted for this study. A questionnaire titled: Post-Traumatic Stress Disorder Questionnaire (PTSDQ) developed by the researcher was used to elicit information from a sample of forty (40) respondents who were more with symptoms of post-traumatic stress disorder. The respondents were randomly selected from the target population of 1,865 in the two camps for the study. The instrument consists of 15 items which were presented to the respondents as to determine the degree of agreed or disagreed with their feelings as a result of the displacement. The data collected were analyzed using percentage and one sample t-test statistics to test at 0.05 level of significance. The results indicated that the treatment with rational emotive behavior therapy was effective on post-traumatic stress disorder of Internally Displaced Persons in Kassa and Haipang Camps in Plateau State. Based on the findings of this study, it was recommended that the principles of rational emotive behavior therapy should be applied by counsellors in counselling the internally displaced persons in Plateau state and Nigeria at large.

Keywords: Rational Emotive Behaviour Therapy, Post-Traumatic Stress Disorder, Internally displaced persons and Stress

Introduction

The Nigerian government and neighboring countries' efforts towards stopping the insurgency, bedeviling all the nook and crannies of this country. It is evident that the terrorists' activities persist in different parts of Nigeria calls for concern, particularly in Plateau state. The communal and social conflicts have emerged as a result of new form of political consciousness and identity often structured around ethno-religious coloration in all parts of Nigeria especially in the Northeast, Northwest, and North central Nigeria. Ethno-religious conflict has assumed alarming rate in Plateau, Benue, Niger, Kano, Kaduna, Taraba, just to mention a few. Nigerians who have lived together in peace and harmony for thousands of years are now fighting each other. Adeniji (2001) opined that most of these killings come because of power, land, chieftaincy, politics, Sharia or religion among others which has led to massive destructions of lives and valuable properties. In recent times, Nigeria is experiencing recurring conflicts, like Boko Haram, Islamists fundamentalists, Herdsmen killings, Kidnappers, and some religious fanatical activities which have displaced millions of people in Nigeria. However, hundreds of thousands of people have been rendered homeless. In addition, many people turned into refugees in Nigeria and the neighboring countries like Cameroon, Chad, Niger, Togo and Benin Republic. The Global View Report (2014) showed that there were over 3.3 million of internally displaced persons in Nigeria and 470,500 individuals were displaced in 2013 alone. The peace and unity of Nigerian society is under severe threat by the activities of insurgents such as Boko Haram, herdsmen, kidnappers, bandits and some religious fanatics. The achievement of peace and unity by any administration, therefore, calls for collective effort of Nigerians and urgent attention to the post-traumatic stress disorder of Internally Displaced Persons (IDPs) in Nigeria, particularly, Plateau State.

It is an established fact that thousands of people are being constantly displaced from their ancestral lands, their homes, communities, and states due to the activities of insurgents in Nigeria. These people are facing traumatic experiences due to unfavorable conditions of living in the IDP camps. This unacceptable situation is very traumatic on individuals in Plateau state because it is accompanied by social and psychological problems and stresses. These stresses and psychological problems can be addressed with an effects counselling methods or techniques to enable an individual lives a fulfilling life otherwise, more deep seated psychological problems such as anxiety, withdrawal,

inferiority, depression, and low self-esteem will occur which leads to maladjustment of people affected by the conflicts. The United Nations Guiding Principles (1998) defined Internally Displaced Persons as persons or groups of persons who have been forced or obliged to flee or leave their homes or places of habitual residence as a result of armed conflict, situations of generalized violence, violations of human rights or natural or human-made disasters, and who have not crossed an internally recognized state border. In other words, Internally Displaced Persons refers to people who are forced to flee from their homes or communities to other places for safety within their country. The victims of this displaced persons suffer several consequences such as traumatic conditions. Ladan (2006) in Lenshie(2016) reported that displaced persons suffer several consequences as the means of their livelihood such as agriculture and trade are dashed out as a result of violent, conflicts or disasters, which could be as a result of human or natural factor. Internally displaced persons, especially in camps across Kassa and Haipang in Baraki Ladi Local Government Area of Plateau State are facing traumatic experience due to unconducive environment or conditions of living in the camps. Bwala (2015) reported that many internally displaced persons in camps find it very difficult to adapt to the reality of life. He maintained that many of them do feel that life have lost its meaning and the world has ended, judging by their attitude and resignation to fate. Mangvwat and Wamtu (2016) opined that continuous attacks by the insurgents had affected development of communities in the areas of education, health, social, economic, and moral life. Similarly, Hamma and Luka (2016) reported that repeated bombings and attacks by the terrorists have left many towns and villages deserted with civilians bearing the impact of the conflict. These situations, according to Amuda, Katsala and Petrol (2019) have resulted in exhibits of signs of trauma due to the violence that prompted them to flee their homes and live in camps.

Trauma is a mental condition caused by severe shock, especially when the harmful effect ...–Amuda, Katsala and Petrol (2019) described trauma as a depressing event in which a person feels severely threatened emotionally, psychologically or physically. The researchers maintained that most people experience traumatic events at different points in lifetimes, such as car accidents, conflicts, abuses, neglect, sudden death or killing of beloved ones and violent criminal act or exposure to violence of war and eviction or natural disaster. This unacceptable conditions presenting post-traumatic stress disorder after the events have passed. In realization of the negative effects of post-traumatic stress disorder on internally displaced persons, Onabonji (2015) reported that the Federal Government of Nigeria had established Crises and Trauma Counselling Centre in Kano, Kano State. Similarly, Amuda, Katsala and Petrol (2019) reported that a new Trauma Counselling Centre has been opened in Maiduguri, Borno State. The role of a counsellor in these Centre is to examine the client who is loaded with different problems, with a view to assisting him to understand himself and his predicament. Rational emotive behavior therapy (REBT) as propounded by Albert Ellis in 1950s, views a man as both rational and irrational being. The REBT philosophy remains that man is rational as well as irrational. Man, as a rational being is always able to eliminate or avoid most of his emotional problems or unhappiness by learning to think rationally. He is very active, effective, happy and competent when he is rational. Here, the counsellor is expected to assist the client to eliminate illogical, irrational ideas and attitude, and replace them with logical and rational ideas or attitudes. However, it is obvious that the IDPs are in a dilemma and with urgent need for an effective counselling intervention method to reduce post-traumatic stress disorder to the minimum level, and prepare victims for fulfilling lives in their respective communities.

Counselling is one of the most important services of guidance that helps individuals understand themselves and their present predicament or problems. Counselling has various definitions because its definition depends on individual point of view. For instance, Ajegbomogun (2008) defined counselling as a new knowledge extracted for human use with the aim of modifying behaviour, effecting changes, enhancing efficiency in all human endeavours. Counselling is an interpersonal relationship through which a counsellor assists a person to develop skills, attitudes, behaviours and better understanding of his/herself. Counselling needs for Internally Displaced Persons to cope with their daily challenges in the camps. Counselling could be employed when counseling IDP victims depending on the individual's need in the camps for social and psychological adjustment. Reasons for counselling IDPs include:

Finding support in various social support groups is encouraged by counsellors for victims to participate in their different religious activities. This will also enhance their sharing of ideas or experiences, and reducing post-traumatic stress disorder (PTSD) among others. For Counselling and Cognitive Restructuring to help IDPs to have positive thinking, and focus on the future instead of dwelling in their past life with their late family member(s) will only bring regret and frustration. Counselling for improvement of thinking Process to help IDPs to improve rational thinking, particularly an internally displaced person who usually feels psychologically and emotionally disturbed. Akume (2015) reported that their thinking become distorted and they are prone to despair and even suicidal ideation. He maintained that the counsellor should use appropriate counselling theories such as Rational-Emotive Theory, Existentialist theory, Rogerian Self Concept theory among others to help the displaced victims improve on rational

thinking process. Counselling for Self-understanding and making the displaced victims feel accepted, protected, appreciated, loved, secured and valued to avoid not looking down upon themselves as worthless and feeling that the end of the whole journey has come. Counselling for Development of Reasoning would not only enhance the internally displaced person's psycho-social adjustment, but facilitating the victim's faculty of reasoning to take up new responsibility of life without much stress. This suggests that the aim of counselling IDP is to assist troubled individuals better understand and solve their problems themselves without stress.

Similarly, Akinade (2005) defined counselling as a set of procedures used in assisting individuals in solving problem that arise in various aspects of their lives (educational, vocational, and social- personal), or in assisting them to maximize their overall personal development so that they could be more useful in their society where they live. This definition indicates that problems arising in various aspects of lives could be conflicts, herders and Boko Haram activities, natural disasters, wars, religious conflicts, communal conflicts, and so on, which make people to flee from their homes, communities, and even states of origins for their security purpose. However, the unanswered question remains that which of the counselling techniques that will be very effective in counselling the IDPs experiencing post-traumatic stress disorder in Kassa and Haipang camps in Plateau state?

Statement of the Problem

The activities of insurgents becoming common in all parts of Nigeria, particularly in Plateau state. This threatens the peace and unity among people that used to enjoy in the state despite many attempts by subsequent governments at all levels to find everlasting solution to this unbearable and worrisome situation. In an effort to contribute in finding solution to these problems, the researcher considered it necessary to thoroughly investigate the effects of rational emotive behavior therapy on Post-Traumatic Stress Disorder of Internally Displaced Persons in Kassa and Haipang Camps in Plateau State, Nigeria. The thrust of this study, therefore, is to establish the effectiveness of emotional technique that could assist internally displaced persons in the area under study.

Purpose of the Study

The purpose of this study is to investigate the effects of rational emotive behavior therapy on post-traumatic stress disorder of internally displaced persons in Plateau state, Nigeria. The specific objective is to determine effects of rational emotive behavior therapy counselling on post-traumatic stress disorder among internally displaced persons in Kassa and Haipang Camps, Plateau State.

Research Questions

The following research questions were raised to guide the study:

1. What is the nature of trauma stress disorder among Internally Displaced Persons in Kassa and Haipang camps before and after treatment?
2. What is the effect of rational emotive behavior therapy on post-traumatic stress disorder among internally displaced persons in Kassa and Haipang after treatment?

Hypotheses

A null hypothesis was formulated and tested in the study at 0.05 level of significance.

Ho: There no significant effects of rational emotive behavior therapy on post-traumatic stress disorder among internally displaced persons in Kassa and Haipang camps in Plateau State.

Methodology

The Quasi-Experimental Research Design was adopted for this study. The choice of this research design was motivated by the fact that it provides information related to estimate causal impact of an intervention on target population without random assignment of research respondents. Williams (2006) reported that quasi-experimental design adopts pre-test and post-test treatment group. In other words, the design is quasi-experimental because it consists of pre-test and post-test treatment group, and there was no control group. The target population comprised of all the Internally Displaced in Kassa and Haipang camps in Plateau state, totally about 820 people both adults and children. A sample consisted of 40 adults (20 males and 20 females) displaced victims were drawn from the target population as research respondents for this study. 20 respondents were drawn from each of the two selected IDPs camps (i. e Kassa and Haipang) in Plateau state. The proportionate stratified sampling technique was adopted and used in selecting 40 respondents among the IDPs for this study. The choice of this technique was informed because the IDPs camps are different in size. The technique also gives each element in the population equal and independent chance of being included in the sample. The respondents were pre-tested before the administration of treatment. A questionnaire designed by the researchers was used for data collection for this study. The instrument is titled

“Internally Displaced Persons’ questionnaire” (PTSDQ). All items were derived from literature reviewed. The instrument is divided into two parts, A and B. Part A consists of demographic information of respondents, while part B consists of fifteen items which research respondents were expected to response to each of them.

The instrument was validated by two lecturers in guidance and counselling unit, and one from research, measurement and evaluation unit, all in the Faculty of Education, University of Jos, Nigeria. The internal consistency of the instrument was determined using Cronbach Alpha method, and it yielded an alpha value of 0.870, which indicates that the instrument was highly reliable. The items in part B were designed on the four-point Likert type of scale format which is classified into Strongly Agreed, Agreed, Disagreed and Strongly Disagreed. This classification is further grouped into Agreed (Strongly Agreed + Agreed) and Disagreed (Disagreed + Strongly Disagreed). Here, the researcher wanted to determine the nature of post-traumatic stress disorder among Internally Displaced Persons in the area under study. The items with positive direction were scored Strongly Agree (SA) 4 points; Agree (A) 3 points; Disagree (D) 2 points; Strong Disagree (SD) 1 point, while negative direction items were scored in reversed points. Frequency counts and simple percentages were used in answering research question. A percentage to an item was considered as a nature of trauma if forty percent (40%) and above respondents indicated the AGREED pattern of responses, while any percentage score below forty percent (40%) was rejected or DISAGREED as a nature of trauma among IDPs in Kassa and Haipang camps in Plateau state.

Results

Based on the research questions raised and the hypothesis formulated for the study, the data analysis and results were presented in tables 1-2 as follows:

Research Question

What is the nature post-traumatic stress disorder among internally Displaced Persons in Kassa and Haipang camps in Plateaustate?

Table 1: Showing Percentage Distributions Based un the Nature of Post-Traumatic Stress Disorder of Internally Displaced Persons in Kassa and Haipang Camps in Plateau State, Nigeria.

S/N	Items	Pre-test		Post-test	
		Agreed	Disagreed	Agreed	Disagreed
1	loss interest in all things that I used to enjoy	33(77.5%)	9(22.5%)	20(50%)	20(50%)
2	feeling sad when someone talks about Herdsmen and Boko Haram’s activities in Jos.	34(85%)	6(15%)	28(70%)	12(30%)
3	Feeling cut off from relations and other people	29(72.5%)	11(27.5%)	21(52.5%)	19(47.5%)
4	loss of interest in activities and life in general	21(52.5%)	19(47.5%)	20(50%)	20(50%)
5	Feeling upset when I remember past crises	30(75%)	10(25%)	23(57.5%)	17(42.5%)
6	Feeling frightened and sad when I remember Boko Haram/Herdsmen activities in Nigeria.	35(85.5%)	5(12.5%)	28(70%)	12(30%)
7	Suicidal thoughts and feelings of rejection	20(50%)	20(50%)	15(37.5%)	25(62.5%)
8	Physical aches and pains with no reason/cause	21(52.5%)	19(47.5%)	18(45%)	22(55%)
9	Feeling of hopelessness and helplessness	23(57.5)	17(42.5%)	19(47.5%)	21(52.5%)
10	Feeling as if the world has come to an end	22(55%)	18(45%)	17(42.5%)	23(57.5%)
11	Repeated dreams always make me get confuse.\	20(50%)	20(50%)	18(45%)	22(55%)
12	Disturbing memories and thoughts always	27(67.5%)	13(32.5%)	19(47.5%)	21(52.5%)
13	Trouble falling or staying asleep in the night	24(60%)	16(40%)	18(45%)	22(55%)
14	Having difficulty concentrating in my duty	21(52.5%)	19(47.5%)	17(42.5%)	23(57.5%)
15	Physical reactions and pounding heart nausea	20(50%)	20(50%)	19(47.5%)	21(52.5%)

%=percentage of research respondents

The table 1 shows the responses of the respondents in relation to the nature of post-traumatic stress disorder of internally displaced persons in Kassa and Haipang camps in Plateau state. The analysis of pre-test results indicated that the nature of post-traumatic stress disorder of internally displaced persons in Kassa and Haipang camps is relatively high because all items from 1-15 had average of above 40% of the agreed option. This implies that the internally displaced persons need urgent counselling intervention. The post-test percentage responses showed changes in the respondents’ feelings or behaviours after the treatment. The results showed that almost 98% of the internally displaced persons are still experiencing post-traumatic stress disorder in Kassa and Haipang camps in Plateau State. However, the changes in the respondents’ feelings or behaviours were due to rational thinking which calls for effective counselling intervention.

Ho: There is no Significant effect of rational emotive behaviour therapy on Post-traumatic Stress Disorder of Internally Displaced Persons in Kassa and Haipang Camps in Plateau State.

Table 2: Shows the t-test Analysis of the Effect of Rational Emotive Behaviour Therapy on Post-Test Stress Disorder of Internally Displaced Persons in Kassa and Haipang Camps, Plateau State after Treatment.

Test	N	X	SD	Df	p-value	Sig.	Decision
Pre-Test	40	22.6	7.45	38	0.001	0.05	Null rejected
Post-Test	40	23.4	6.32				

N=number of respondents; X=mean of responses; SD=standard deviation; df=degree of freedom; sig.=level of significance.

Table 2 shows the t-test analysis results on the effect of rational emotive behavior therapy on post-traumatic stress disorder of internally displaced persons in Kassa and Haipang camps in Plateau State. Based on these results, therefore, there is no sufficient evidence to accept the null hypothesis which states that “there is no effect of rational emotive behavior therapy on post-traumatic stress disorder of internally displaced persons in Kassa and Haipang camps in Plateau State”. This means there is significant effect of rational emotive behavior therapy on post-traumatic stress disorder of internally displaced persons in Kassa and Haipang camps in Plateau State.

Discussion

The study sought to investigate the effects of rational emotive behavior therapy (REBT) on post-traumatic stress disorder (PTSD) of Internally Displaced Persons (IDPs) in Kassa and Haipang camps in Plateau state. The results of the analysis confirmed that there is no significant effect of rational emotive behavior therapy on post-traumatic stress disorder of internally displaced persons in the study area. This means that REBT could bring changes in thinking and can produce changes in maladaptive emotions of the displaced persons in IDP camps (Amuda, Katsala & Petrol, 2019). The findings from data analysis also revealed that the nature of post-traumatic stress disorder (PTSD) experienced by internally displaced persons in Kassa and Haipang camps is relatively high. These findings agreed with Amuda, Katsala and Petrol (2019) who found that the nature of post-traumatic stress disorder experienced by internally displaced widows in Bakasi IDPs camp in Maiduguri is high, with the average of 50% and above.

Similarly, Dungum (2020) found that there is significant effect of REBT on mate selection preferences of undergraduate students in Federal University of Kashere, Gombe State, in relation to personality traits and parental influence. This implies that counsellors should apply the principles of REBT in counselling the undergraduate students in Nigeria. In the same vein, Amuda, Bokko and Katsala (2016) and Onabonji (2015) found that there is significant effect of cognitive therapy on PTSD of women in IDPs' camp in Maiduguri. In their study, Abdulkarim and Bodinga (2019) found that there is significant effect of cognitive behavior therapy (CBT) on truancy among secondary students who were exposed to treatment. The researchers maintained that CBT is used to treat a wide range of disorders, including trauma, phobias, addictions, depression, anxiety, etc. That clients do learn how to identify and change destructive or disturbing thought patterns that have negative influence on behavior and emotion during the treatment period. However, counsellors are advised to use the principles of REBT and behavioural modification therapies in counselling clients, especially those that are experiencing psychological problems or post-traumatic stress disorders in various camps in Nigeria.

Conclusion

The study investigated the effects of rational emotive behavior therapy on post-traumatic stress disorder of Internally Displaced Persons (IDPs) in Kassa and Haipang camps in Plateau state. Findings revealed that the therapy used was effective and good in remedying post-traumatic stress disorder. Finally, it was recommended that the principles of rational emotive behavior therapy should be used by counsellors in counselling the internally displaced persons in Kassa and Haipang camps and other IDPs camps in Plateau State and Nigeria at large.

Recommendations

In line with the findings of this study, the following recommendations are made:

1. Counsellors should be deployed to Kassa and Haipang camps and other Internally Displaced Persons' camps in Plateau state and Nigeria as a whole.
2. Counsellors should use the principles of rational emotive behavior therapy in counselling Internally Displaced Persons in Kassa and Haipang camps and other IDP camps in Nigeria.
3. It was recommended that counselling centres should be established in Kassa and Haipang internally displaced persons' camps and other IDPs' camps in Plateau State and Nigeria.

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